



Exercise in ActionYoga: An Instant Visual Guide to Learning Yoga

By Kase, Betsy.

Thunder Bay Press. 1 Paperback(s), 2014. soft. Book Condition: New. The founder and director of New York's Yoga Haven, Betsy Kase here shows how to improve or initiate your own yoga routine, explaining how drawing our attention to simple movements becomes an entry point into awareness and the quieting of the cyclical thoughts that clutter the mind. Kase explains which poses to do for various parts of the body and to increase flexibility, strengthen your core, improve balance, and gain a better sense of mindfulness, all without having to join an expensive studio. Along with clear step-by-step explanations and bullet points on what to do (and what to avoid) for correct performance, this exceptional exercise book shows the action in overlapping before-and-after photos, so you can easily see how to move your body. Here too are anatomical drawings that show which muscles are in play and how they are used and strengthened. 160.



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**